

Plano West High School

Swimming

Parent Handbook



2018-2019

Booster Club

The Plano West Swim and Dive Booster Club consists of the parents of athletes currently on the team and community supporters who pay dues and remain in good standing.

Purpose of the Booster Club

1. Support the swimmers and divers of the Plano West Swim and Dive Team
2. Support the coaches of the Plano West Swim and Dive Team
3. Foster Team Spirit by encouraging parent and community participation
4. Raise funds to facilitate the above

Membership

Membership is open to all who pay the annual dues/activity fee. Membership is required of swimmers and divers. An approximate breakdown for how the dues are allocated is:

Banquet Fee for the swimmer	\$40
Team Swim Suit/ Bag Tag	\$55
Swim Caps	\$15
Team Shirts	\$60
Snacks/Lunches for Meets	\$45
Team Book	\$10

The dues/activity fee will be reviewed each year with the amount set in spring for the upcoming year. The fee must be paid by the deadline in the fall in order for the swimmer/diver to be eligible to compete. Families with multiple swimmers or financial need may request payment plans by talking the Board President. The activity fee is a means to conveniently pay expected costs in one lump sum. The only other expected expense is a one-time fee to purchase the team warm-up. Cost this year for warm-ups is \$100. Swimmers can use this each year as long as it remains in good quality and fit. Per UIL, the Board may not provide anything to the swimmers outside of what swimmers themselves directly fundraise and these dues. This is to retain amateur swimmer status.

Welcome to Plano West High School Swimming and Diving

If you are new to High School swimming, there are many differences between high school swimming, USA Swimming, and other swim league programs. High School swimming is similar to collegiate swimming. For most meets, there are a limited number of events that a swimmer can swim (2 individual events and 2 relays or 1 individual event and three relays per meet) Not every swimmer will have a full set each meet. In order to be eligible to swim in a meet, the swimmer must be at the practice prior to the meet. For many meets, swimmers will meet at the Plano West bus loop to ride together to the pool. Any other transportation arrangements must be pre-approved with the coach and should be the exception rather than the norm. Please be aware of times of departure. Swimmers should be there no less than 15 minutes before departure. For evening dual meets, varsity swimmers will be excused from their 7th period classes. This will allow Shepton and Jasper swimmers to ride the junior varsity bus to West. West students may attend seventh period but have the option to be excused if this is going to prevent them from being at the bus on time.

High School Swimming:

One high school team is comprised of 4 separate groups. Junior Varsity Boys and Girls practice in the afternoons and Varsity Boys and Girls practice in the mornings. The Varsity Team is composed of the fastest girls and boys. As the season progresses, a swimmer may be moved up or down depending upon performance, attendance, and attitude per the coaches' discretion.

Meets are scored separately as Varsity Girls, Varsity Boys, Junior Varsity Girls and Junior Varsity Boys. An overall score is also tabulated.

Plano West has captains for all four teams that are determined by the team and the coach each fall.

The governing bodies for high school swimming and diving are:

UIL: University Interscholastic League

TISCA: Texas Interscholastic Swimming coaches Association

NISCA: National Interscholastic Swimming Coaches Association

Eligibility

Plano West abides by the PISD and Texas UIL rule of "No Pass-No Play"

Team Spirit

High School swim meets are shorter than club or summer league meets, more relaxed, and usually more spirited! Please make every effort to be at all meets especially home meets to cheer on your swimmer.

Spirit wear will be available at the parent meeting at the beginning of the season, through our team website, on the Xtreme Swim team portal online, at some special offerings during the year, and at school market days throughout the year.

High school swimming, while competitive, fosters school pride, sportsmanship, team comradery, and new friendships as much as it emphasizes fast swimming. Swimmers are expected to remain for the entire meet cheering on teammates after they have completed their swims. Swimmers who swim in a prelim-finals meet are required to attend both days regardless of whether they qualify for the finals or not. Warm-up attire is expected at all meets.

Booster Club Leadership

Executive Board consists of

- President
- Vice President of Volunteers
- Vice President of Communication/Secretary
- Treasurer

Chair Positions that complete the Board are:

- Co-chairs of Celebrations
- Co-chairs of Spirit
- Chair of Fundraising
- Chair of Communications

*chair positions can be adjusted from year to year at the discretion of the Executive Board and will be voted upon by the entire Booster Club at the Spring Meeting

We Need You!

The Booster Club hosts many events throughout the year. With 69 swimmers, each family is expected to volunteer in at least two meets or events during the year. More would be appreciated if your time allows. Some events in which you can participate are:

Banquet Team

Meet Coordinator

Parent Social Host

Swim Book Team

Meet Snack/Meal Pickup and Delivery

Banquet slideshow Coordinator

Charity Event Coordinator

Letter Jacket Coordinator

Family Dinner Coordinator

Photographers

Team Dinner Host

Meet Volunteers (timers, announcer,

Holiday Party Host

UIL officials, timing system, heat sheet sales)

Senior Recognition Team

Special Events

Black and Blue Meet – This is an intra-squad fun meet that is mandatory for all swimmers. Parents and families are invited to come cheer on the fun. Individual and team pictures are taken at this event for the yearbook and team poster. This year it will be at Life Time Fitness from 10am to 1pm on September 15.

Plano West Homecoming Parade – All West Cluster schools participate in the homecoming parade. Swimmers and divers march in the parade to show our Blue Nation Spirit. Parents and families are invited to watch the parade. It ends at West gymnasium for a pep rally.

Parent Social – This is a potluck-style social for parents/guardians only. It provides an opportunity for parents new to the team to meet one another and coaches. A good time is had by all.

All Team Dinner – This is a team dinner held at a private home after the TISCA meet. All swimmers and divers are invited.

Holiday Party – A get-together for all swimmers and divers in celebration of the holidays. Each swimmer will bring an item for a chosen charity to be determined and announced by captains in coordination with coach and booster club. Often a white elephant gift exchange is scheduled as well. Watch for details from captains.

End of Year Banquet – The banquet is the final team function of the year. Team awards are given by the coaches and seniors are recognized. A team video and recaps the season. This year we will also be producing a swim book to commemorate the season. All team members pay for their dinners with the dues. Parents are invited and strongly encouraged to attend – invitations will be sent in the spring. Due to size of venue space, siblings and additional family members are not able to attend. While swimmers are pre-paid, they must also rsvp so that we have an accurate count of attendees for the venue.

After-Meet Dinners – There is an opportunity for swimmers to go out after meets to bond as a team. These are coordinated by captains.

Charity Events – The team gathers once or twice each year to participate in an optional event to support a charity selected by the captains. In the past we have participated in walks, food packing and more.

2018-2019 Varsity Roster

Allam, Elsa	Freshman	Jasper
Allam, Laudy-Jane	Junior	West
Cai, Stanley	Junior	West
Callan, Brenna	Senior	West
Chen, Joshua	Junior	West
Choi, Andrew	Sophomore	Shepton
Constantini, Amelia	Freshman	Jasper
Dworkin, Josh	Junior	West
Fan, Kevin	Senior	West
Filak, Ali	Sophomore	Shepton
Fitzgibbon, Cooper	Senior	West
Hafiz, Dinara	Senior	West
Harrison, Lily	Sophomore	Shepton
Heidman, Luke	Sophomore	Shepton
Heil, Liesl	Junior	West
Hunsucker, Breck	Junior	West
Hunt, Theresa	Sophomore	Jasper
Joshi, Ian	Senior	West
Joshi, Kai	Freshman	Shepton
Kapoor, Aryan	Sophomore	Jasper
Kerael, Alex	Senior	West
Kolhe, Rohan	Sophomore	Shepton
Kumar, Sugandha	Sophomore	Jasper
Le, Lilian	Junior	West
Lee, Estelle	Senior	West
Meaders, Wade	Senior	West
Moon, Michelle	Senior	West
Nadella, Sneha	Freshman	Jasper
Nguyen, Kayla	Freshman	Shepton
Nguyen, Lauren	Senior	West
Niranjan, Rishi	Sophomore	Shepton
Osborn, Taylor	Sophomore	Jasper
Pham, Thu	Senior	West
Romero, Antonio	Junior	West
Smith, James	Sophomore	Shepton
Spillman, James	Senior	West
Weng, Jeff	Junior	West

2018-2019 Junior Varsity Roster

Bell, Piper	Freshman	Shepton
Bristol, Lauren	Junior	West
Doering, Georgia	Sophomore	Jasper
Ezhil, Vikram	Senior	West
Gayake, Saket	Junior	West
Gonzalez, Leonardo	Freshman	Shepton
Grover, Matthew	Senior	West
Kafeel, Nyle	Junior	West
Keating, Claire	Junior	West
Kulkarni, Tanvi	Sophomore	Jasper
Lahiri, Srija	Freshman	Jasper
Mikes, Elana	Freshman	Jasper
Moran, Megan	Freshman	Jasper
Moreno, Isabela	Freshman	Jasper
Olvera, Steven	Freshman	Jasper
Palizian, Sasha	Freshman	Jasper
Perry-Johnson, Cera	Senior	West
Saha, Tirth	Freshman	Jasper
Salazar, Luke	Freshman	Shepton
Sarkar, Nairit	Freshman	Jasper
Sinha, Ayushi	Freshman	Jasper
Tewari, Tia	Freshman	Jasper
Tran, Ethan	Junior	West
Vranjes, Mirella	Junior	West
Vranjes, Sabina	Junior	West
Wei, Tony	Junior	West
Weicherding, Matthew	Junior	West
Wu, Justin	Freshman	Jasper
Xu, Michael	Senior	West
Yarbrough, Natalia	Sophomore	Jasper
Zhang, George	Freshman	Shepton

Swim Meet Checklist

Team suit and warm-up suit

Team t-shirt (coach will specify shirt to wear for each meet)

2 pair Goggles

Team Cap (coach will provide at practice)

2 towels

Water

Snacks for away meets (Booster Club will provide granola bars at home meets and lunch at all-day meets)

Letter Jackets

Letter jackets are earned by swimming for four years for Plano West or by earning points for the team at Varsity Districts. Jackets are optional and are an additional cost to parents. Patches for jackets can be ordered through Maverick Awards at any time. There are also patches that can be ordered through TISCA for swimmers who qualify for honorary teams. The Booster Club will coordinate a meeting of the Maverick representative with swimmers each spring. Watch the website for order forms and names of those who have earned their jackets this year.

Communications

The main communication tool for the team is the website at

www.planowestswim.org Watch this site for announcements, schedule changes, and event invitations with details. The coach will also periodically place special

announcements on the web page. Team bylaws, fun photos, the yearly calendar, best times and much more can be found there.

A secondary source of information is the Facebook page – please keep this area content appropriate. Additionally, you can join the coach’s Remind texts by following instructions below. Texts are specific to each practice group and are more reminders for swimmers or last-minute changes. These are not designed for parents, but parents may opt to receive them.

To be signed up for the junior varsity remind, text @8f764a to 81010

To be signed up for the varsity remind, text @72cbek to 81010

Off Season

Swimming is a year-round class, so it continues the entire school year. The coaches will communicate the training plan for the spring semester. Seniors are allowed senior privilege after the last team meet of the season that will be delineated to them by the coach.



2018-2019
Swim and Dive
Team Calendar

Aug 21	Parent Meeting	Whole Team	7pm, West Presentation Room
Sept 15	Black and Blue Meet	Whole Team with Families	10am-1pm, Life Time Fitness
Sept 26	Plano East Dual Meet	All Swimmers	6pm, Rowlinson Aquatic Center
TBD	Parent Social	7pm?	Hunsucker's House
Sept 29	Ranger Relays	Select Swimmers	1pm SMU
Oct 4	McKinney Boyd Dual Meet	All Swimmers	6pm, TMC
Oct 10	Allen. Dual Meet	All Swimmers	6pm, Dan Rodenbaugh Natatorium
Oct 23	Plano Sr. Dual Meet Senior Recognition Night	All Swimmers	6pm, TMC
Nov 1	McKinney Dual Meet	All Swimmers	10:30am, McKinney
Nov 9	Dallas Cup	All non-TISCA Swimmers	10am TMC
Nov 16-17	North Zone TISCA	Qualifying Swimmers	LISD Aquatic Center, 11am Friday and 1:30pm Saturday
TBD	Flower Mound, Jesuit/Ursuline Tri Meet	All Swimmers	TBD

Jan 18	Districts	Top 4 Swimmers per event	3pm Dan Rodenbaugh Natatorium
Jan 25	JV Champs	All non-District Swimmers	11am, Plano Aquatic Center
Feb 1&2	Regionals	Regional Qualifiers (top 7 in District events)	LISD Aquatic Center
Feb 15&16	State	State Qualifiers (top 2 in regional events)	UT Austin